

ABSTRACT OF THE DISCLOSURE

An image heating apparatus for heating an image formed on a recording material, including a metallic sleeve, a heater contacting with the inner surface of  
5 the sleeve, the heater being controlled so as to maintain a set temperature, a backup member cooperating with the heater through the sleeve to form a nip for nipping and transporting the recording material, and a metallic reinforcing member disposed  
10 in the interior of the sleeve, wherein during a heating operation of heating the recording material by the heater, the surface temperature of the reinforcing member is 80% or less of the surface temperature of the sleeve.